

Diabetes, No 1 (65)

Lithuanian Diabetes Association

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ELI LILLY – the general sponsor.

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The general sponsor of this item – The Department for the Affairs of Disabled at the Ministry of Social Security and Labour.

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Lithuanian Diabetes Association Turns 20

In 1987 Dr. Feigė Narevičienė established the first club for people with diabetes in Lithuania, called DIA. Lithuanian Diabetes Association was founded on December 9 1989. The original aims of the LDA are the following: to provide mutual aid and assistance to all people with diabetes; to promote the study, the spread of knowledge and the proper treatment of diabetes; to remove all present limitations of people with diabetes discrimination in their rights to labour, studies, insurance. Lithuanian Diabetes Association plays the leading role in realization of the National Diabetes Programme. Since 1990 LDA organizes summer camps for the youth. They give an ideal opportunity to have an enjoyable time whilst learning more about diabetes. Since 1993 LDA organizes World Diabetes Days arrangements with free blood glucose measuring with purpose to find out persons who have already got diabetes but do not know about this problem. Since 1994 the LDA became a member of the IDF. One of the main concerns of the LDA is that it represents you on matters affecting the lives of people with diabetes. By making representations to the government, the LDA helps to ensure that the standard of diabetes care is maintained.

This year LDA turns 20. In this exhaustive article you will find more information about the activity of LDA during these 20 years, also you will find some important statistics and the words of gratitude for sponsors.

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World Diabetes Day 2009

World Diabetes Day raises global awareness of diabetes – it's escalating rates around the world and how to prevent the illness in most cases. Started by the International Diabetes Federation (IDF) and WHO, the Day is celebrated on 14 November to mark the birthday of Frederick Banting who, along with Charles Best, was instrumental in the discovery of insulin in 1922, a life-saving treatment for diabetes patients.

Each year World Diabetes Day highlights a theme related to diabetes. Topics covered in the past have included diabetes and human rights, diabetes and lifestyle, the costs of diabetes, etc.

The 2009–2013 campaign calls on all those responsible for diabetes care to understand diabetes and take control. For people with diabetes, this is a message about empowerment through education. For governments, it is a call to implement effective strategies and policies for the prevention and management of diabetes to make sure that their citizens with and at risk of diabetes receive the best possible care. For healthcare professionals, it is a call to improve knowledge so that evidence-based recommendations are put into practice. For the general public it is a call to understand the serious

impact of diabetes, to know how to identify the condition and, where possible, know how to avoid or delay diabetes and its complications.

Over 285 million people are living with diabetes. Without concerned action to fight the disease, this figure will reach in 2030 - 438 million within a generation.

In this article you will be able to read how different Lithuanian districts (Alytus, Šakiai, Kelmė, Marijampolė, Vilkaviškis, Rokiškis, Panevėžys, Mažeikiai, Pakruojis, Elektrėnai, Šilutė, Kretinga) celebrated World Diabetes Day.

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The Order of LR Minister of Health Algis Čaplikas „Regarding the Change of the Order Nr. V-881 of Minister of Health 23 October 2009 „Regarding the Confirmation of the Tariff 2009 of Compensatory Medical Aid Means“

Here you will find the „Tariff 2009 of Compensatory Medical Aid Means“ too.

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The Order of LR Minister of Health Algis Čaplikas „Regarding the Change of the Order Nr. 529 of Minister of Health 6 October 2000 „Regarding the Confirmation of the List of Medical Aid Means““

Here you will find the „List C of Compensatory Medical Aid Means“ too.

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Chronicle of Lithuanian Diabetes Association

- On 10, 19 November and on 3, 17 December 2009, also on 7, 14, 28 January and on 4, 11 February, 4 March 2010 a chairwoman of the Council of Representatives of Patients' Organizations of Lithuania Vida Augustinienė took part in the sessions of the Commission of the Correction of the Lists of Diseases and Compensatory Medicine.
- On 12 November 2009 Mrs. Lilly Karn from German Committee for Children arrived to Lithuania and visited LDA. She gave 500 EUR support to Mrs. Vida Augustinienė. These finances will be committed for children and youth with diabetes.
- On 18 November 2009 Mrs. Vida Augustinienė took part in Lithuanian television live broadcast „Teisė žinoti“ („The Right to Know“), where she spoke about the health reforms.
- On 19 November 2009 LDA president Vida Augustinienė read a paper „What should a Nurse Know? The Activity of LDA“ in the conference for the nurses of Vilnius district.
- On 24–25 November V. Augustinienė took part in the session of the Board of Europe Patients' Forum, which took place in Brussels (Belgium).
- On 26 November 2009 a chairwoman of the Council of Representatives of Patients' Organizations of Lithuania Vida Augustinienė met the representative of *Servier Pharma* Mrs. Jūratė Kaušininė, the representative of *Janssen - Cilag* company Mrs. Rūta Diržanauskienė and the president of the one patients' association Mrs. Dalia Žičkauskienė. They discussed the questions of collaboration.
- On 27 November 2009 Mrs. Vida Augustinienė took part in the session of the College of the Ministry of Health. On the same day Mrs. Vida Augustinienė met the representative of *Roche Lietuva Ltd* Mrs. Jurgita Grizickienė. They discussed the questions of collaboration.
- On 30 November 2009 Mrs. Vida Augustinienė shared the knowledge about the activity of patients' organizations in Europe and in Lithuania. The event took place in the Medicine Faculty of Vilnius University.
- On 1–2 December 2009 a chairwoman of the Council of Representatives of Patients' Organizations of Lithuania Vida Augustinienė and the members of this Council Mrs. Danutė Kašubienė and Gediminas Žižys took part in the conference „The Perspectives of Health System“, which took place in Mykolas Riomeris University.

- On 7 December 2009 the questions of collaboration were discussed with the representative of *Novo Nordisk Pharma Ltd* Mr. Alminas Jarašiūnas. The meeting took place in LDA. *Novo Nordisk Pharma Ltd* became a diamond sponsor of LDA from 2010.
- On 7 December 2009 a chairwoman of the Council of Representatives of Patients' Organizations of Lithuania Vida Augustinienė and other privies took part in Lithuanian radio live broadcast about Health reform.
- On 7 December 2009 a chairwoman of the Council of Representatives of Patients' Organizations of Lithuania Vida Augustinienė took part in the session in the Ministry of Health, where the visits to the medical institutions of the representatives of pharmaceutical companies were discussed.
- On 9–10 December 2009 a chairwoman of the Council of Representatives of Patients' Organizations of Lithuania Vida Augustinienė and the member of the Council Mrs. Ugnė Šakūnienė took part in the conference regarding patients' involvement in health projects and policy. The conference took place in Gothenburg (Sweden).
- On 11 December 2009 a chairwoman of the Council of Representatives of Patients' Organizations of Lithuania Vida Augustinienė and other members of the Council took part in the second annual conference of the the State Patients' Fund at the Ministry of Health, Republic of Lithuania.
- On 22 December 2009 Mrs. Vida Augustinienė took part in the session of Compulsory Health Insurance Council. The session took place in the State Patients' Fund at the Ministry of Health, Republic of Lithuania.
- On 19 January 2010 a session of the Council of Representatives of Patients' Organizations of Lithuania took place.
- On 20 January 2010 an educational seminar „Help to hear the patient“ took place. 18 participants took part in it.
- On 24 January 2010 a chairwoman of the Council of Representatives of Patients' Organizations of Lithuania Vida Augustinienė took part in Lithuanian television broadcast „Pulsas“ („Pulse“), where the activity of the Council of Representatives of Patients' Organizations of Lithuania was presented.
- On 25 January 2010 a session of Board of LDA took place.
- On 3 February 2010 LDA president Vida Augustinienė took part in the meeting at the Presidential Palace, where the President of the Republic of Lithuania Dalia Grybauskaitė met the representatives of the organizations of disabled people.
- On 9 February 2010 the questions of collaboration with the representative of *Bioeksma Ltd* Mr. Arūnas Stirke were discussed in LDA.
- On 23–25 February 2010 „The 4th World Patients' Congress“ took place in Istanbul (Turkey). A chairwoman of the Council of Representatives of Patients' Organizations of Lithuania Vida Augustinienė represented Lithuania in this Congress.

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There are no Limits for Perfection

It is a promotional article about a new insulin injector *KwikPen* from *Lilly* company, which can be found in Lithuania too.

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Diabetes Club “Gydūnė” Invites to Crowd Together People with Diabetes

Diabetes club “Gydūnė” was found a year ago in Ignalina town. It constitutes of 12 members: 9 adults and 3 children. The chairwoman of this young club is Mrs. Milda Lašiūnienė. In this article you will find the information about the activity of the club “Gydūnė”. There are some thoughts of a

young club member – Agnè, who was 10 years old, when diabetes was diagnosed for her. Agnè tells her impressions from summer camps, where she had an opportunity to meet old friends and get acquainted with the new ones.

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Diabetes Club of Blind and Weak-Eyed Patients Is Being Restored

Here you will find a warm article about diabetes club for blind and weak-eyed patients, which was restored in Klaipėda on 4 February 2010. The chairwoman of this club is Audronė Lymontaitė, and her helper will be a teacher Larisa Kušnerova. You will find some information about the activity of this diabetes club and the contacts of the club for those who are interested.

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The Results of Facilities for Disabled People in Community Project 2009

The Results of Disabled People Activity Sponsorship Project 2009

Here you will find the report, how LDA used the finances received from The Department for the Affairs of Disabled at the Ministry of Social Security and Labour.

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Children and Teens with Diabetes

Raising children is challenging under the best of circumstances. When a child has a chronic disease such as diabetes, the challenges become even greater. Fortunately today, advances in treatment and monitoring of blood glucose levels have made diabetes far less difficult to deal with than it used to be. Still, it is a serious condition with potentially critical complications and requires lifelong monitoring and treatment. Diabetes presents unique issues for children and teens with the disease. Simple things - like going to a birthday party, playing sports, or staying overnight with friends - need careful planning. Every day, children with diabetes may need to take insulin or oral medication. They also need to check their blood glucose several times during the day and remember to make correct food choices. For school-age children, these tasks can make them feel "different" from their classmates. These tasks can be particularly bothersome for teens. For any child or teen with diabetes, learning to cope with the disease is a big job. Dealing with a chronic illness such as diabetes may cause emotional and behavioral challenges. Talking to a social worker or psychologist may help a child or teen and his or her family learn to adjust to lifestyle changes needed to stay healthy. Managing diabetes in children and adolescents is most effective when the entire family makes a team effort. Families can share concerns with physicians, diabetes educators, dietitians, and other health care providers to get their help in the day-to-day management of diabetes. Diabetes is stressful for both the children and their families. Parents should be alert for signs of depression or eating disorders and seek appropriate treatment.

More about children and teen diabetes you can read in this article.

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Diabetic Foot Syndrome

Diabetic foot syndrome is ulcer, infection and destruction of deep tissues of foot, that people ill with diabetes can get. It is caused by neurologic abnormalities and decreasing of bloodstream through arteries of lower extremities (feet). Foot ulcers, which are casually referred to as foot sores or foot blisters, are open sores or wounds that most often occur on the bottom of the foot, and are a

common problem in diabetic foot care. If left untreated, these foot ulcer can often become infected and may eventually lead to amputation.

In this article you will find a guideline for a patient how to look after the feet to avoid problems and diseases.

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Life without Diseases. Only a Dream or Reality?

Often when a person is diagnosed with a major chronic health problem, that person asks or at least wonders, "How could this happen to me? It came so suddenly."

The fact of the matter is, it did not come suddenly. The disease process started long before it was diagnosed. It can start as long as ten or twenty years before you know you have the disease. Usually the disease process starts when a sufficient amount of factors come together to start you down the road to having a diagnosable disease. These factors can be any number and combination of things. It could be too many refined foods, excess amounts of saturated fats and fried foods and protein, not getting enough vitamins and minerals, accumulation of toxins, not enough exercise, not enough rest, exposure to pollutants and chemicals, a weakened immune system, a high stress life, genetic predisposition to the disease, chronic bacterial or viral infection, and other factors. Not any ONE of these things are THE reason for the sickness; it is the combined factors.

To answer the question, "Why do we get sick?" we must personally look at what we do, our daily habits, and make sure that we do not allow factors to come together to push us down the road to being diagnosed with a major chronic health problem.

One of the most important sources of health is water. The most efficient way for the body to get water is for a person to drink water. It is recommended that an adult drink eight to ten eight-ounce glasses of water a day. Athletes and active teens should drink at least ten to twelve glasses of water daily. However, many foods and beverages contain water, which can make up part of this daily intake. Fresh fruits and vegetables, cooked vegetables, canned and frozen fruits, soups, stews, juices, and milk are all sources of water. Most fruits and vegetables contain up to 90 percent water, while meats and cheeses contain at least 50 percent. Metabolic processes in the human body generate about 2.5 liters of water daily.

More about ionized water, that is very useful for our health, read in this article.

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What Should We Know About Diabetes and Insulin?

For 2,000 years diabetes has been recognized as a devastating and deadly disease. Diabetes occurs because the body can't use glucose properly, either owing to a lack of the hormone insulin, or because the insulin available doesn't work effectively. Diabetes that isn't controlled can cause many serious long-term problems. Excess glucose in the blood can damage the blood vessels, contributing to heart disease, strokes, kidney disease, impotence and nerve damage.

In this article you will find more information, interesting facts, statistics about diabetes and insulin.